



# Rulings of Fasting Made Easy

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## Fasting Ramadaan

### Definition

- To abstain as an act of worship from eating, drinking, copulating and the remaining invalidators from dawn (*fajr*) to sunset
- Abstinence starts by the *adhaan* of *fajr* until the complete disappearance of the sun disc.
- The intention of fasting should be attended (in the heart without uttering) any time during the night.<sup>(1)</sup>

### Ruling

- Fasting is the 4<sup>th</sup> pillar of Islām and it is obligatory. The proof for that is in the Qur'an, Sunnah and consensus.
- Denying that is an act of disbelief for belying the Qur'ān.
- Fasting was prescribed in the year 2 after Hijrah.
- The Prophet ﷺ fasted 9 times.

### Observing the Month

- The month Ramadaan begins by either:
  1. Observing the crescent of Ramadaan
  2. Or completing 30 days of Sha'baan.
- It requires 1 witness to confirm sighting the beginning of Ramadaan and 2 witnesses for the month Shaw-waal.
- Witness must be pubescent, sane and credible whether male or female.
- Using Calculation for the starting or ending Ramadaan is not permissible.<sup>(2)</sup>
- It's fine to use binoculars or telescopes to sight the moon but not satellites.
- Every region has its own moon sighting.<sup>(3)</sup>
- Shouldn't fast (day of doubt) 30<sup>th</sup> of Sha'baan if moon wasn't observed.

(1) Opined by the Majority (*Jumhoor*); must have intention for every day. Having the Sahoor at night deemed to be an intention. Malik & one narration by Ahmed: one intention for entire Ramadaan, but if the one break fasting due to traveling or menses, then one should start a new intention once the excuse is over.

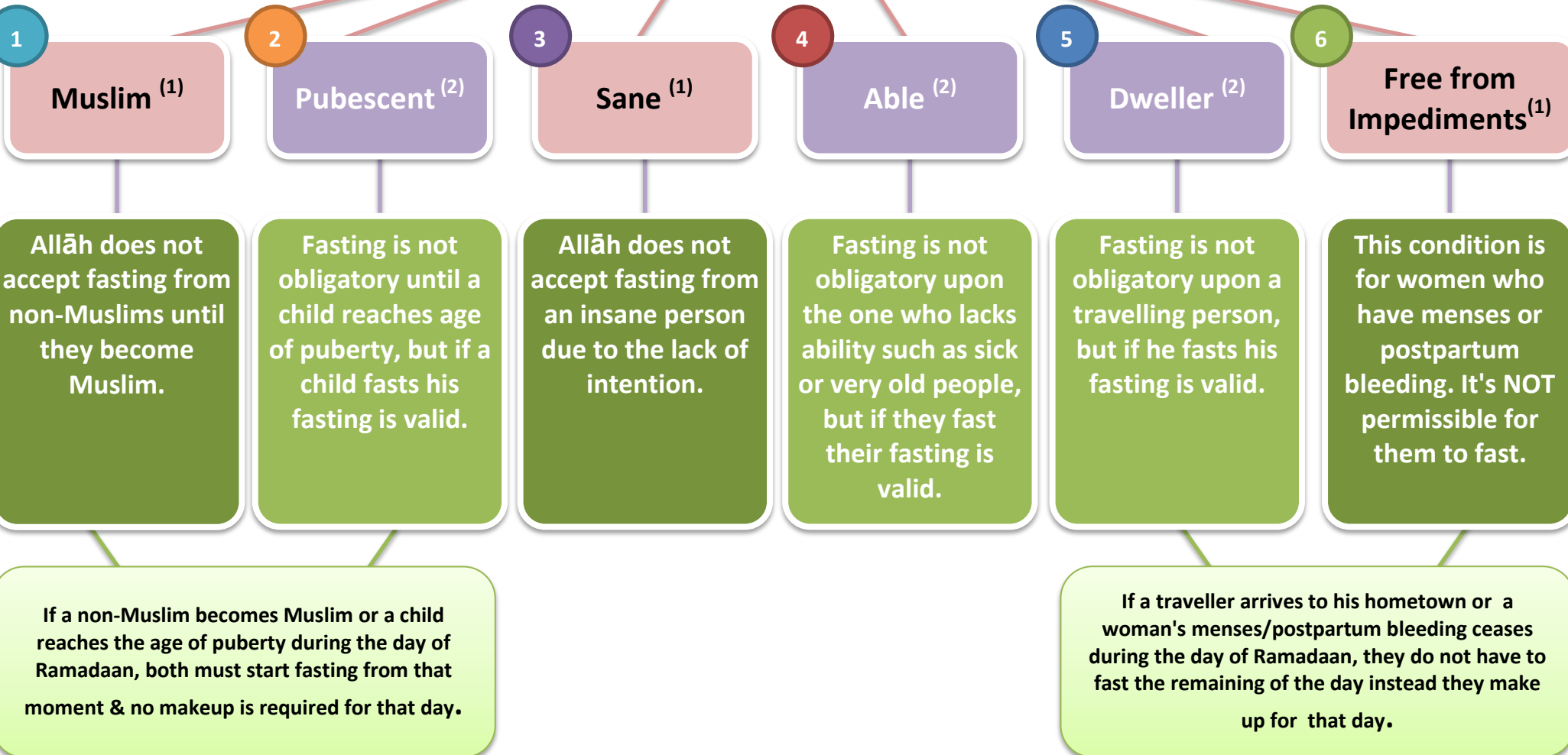
(2) Ibn Tayimmah mentioned the consensus of the scholars in Majmoo' Alfatawah (25/132-133)

(3) The Jumhoor including Abu Hanifah and Ahmad said: sighting it in one region makes it obligatory for all Muslims to fast. While Alshaafa'ee, some of the salaf and Ibn Taymiah went that if one region observes the moon it's not incumbent on others until they observe it themselves. They used the hadith of Kurayb ؓ in Muslim when he went to Mo'awiah ؓ in Ash-Sham and they fasted on Friday, when he came back to Madinah Ibn Abbas ؓ said to him: we fasted on Saturday. Kurayb asked: aren't going to fast with Mo'awiah? Ibn Abbas ؓ said: we'll fast until we see the moon or complete 30 days. This is how the Prophet ﷺ commanded us.



## Fasting Conditions

### Who must fast?



(1) Each is *Shartu Sih-hah* – condition of validity, which means fasting is not accepted from those who do not meet these conditions.

(2) Each is *Shartu Wujoob* - condition of obligation, which means fasting is not obligatory upon those who do not meet this condition. It becomes obligatory only if they meet this condition. Yet if they fast their fasting is acceptable despite not meeting this condition.



## Who is Excused from Fasting?

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### Sick Person

#### Level of sickness & fasting ruling:

1. **Unlawful to fast:** if fasting worsens sickness
2. **Disliked:** if it delays recovery from sickness
3. **Disliked:** if fasting leads to severe hardship even if sickness did not worsen
4. **Must fast:** if sickness is mild such as headache, flu...
5. People with chronicle disease or elderly who cannot fast they feed a poor/needly person for every day they missed 1/2 saa' of food (1.5 kilo)
6. But an elderly who has no conscious, he breaks fasting without feeding or make up

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### Traveling Person

#### Level of hardship in traveling & fasting ruling:

1. **Better to fast (not obligatory):**  
If there is no hardship in traveling
2. **Must not fast:**  
If there is severe hardship in traveling
3. **Disliked to fast:**  
If there is expected hardship in traveling

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### Women with menses or postpartum bleeding

There is a consensus that women in such state must not fast, and it is forbidden upon them to do so.

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### Breast Feeding or Pregnant Women

#### Level of hardship & fasting ruling:

1. **Must fast:**  
If no impact upon her for fasting; there is no hardship; and no fear of harming the child
2. **May break fasting:**  
If she fears that fasting may harm her or the child. Hence, must make up for that day after Ramadaan. <sup>(1)</sup>

(1) Ash-Shafeiah jurists & Ahmad opined in addition to make up, if she broke fasting fearing of harming the child only, then she must feed a poor person for every day 1.5 kilo of food. Sheikh Ibn Othaimeen said: there is no proof for feeding. Hence, in all cases she only makes up for that day.



## Fasting Invalidators <sup>(1)</sup>

Apostasy

1

### Eating & Drinking

Anything that intentionally goes beyond the throat whether from the mouth or nose

- If someone eats while forgetting, fasting is valid & should continue fasting.
- If someone eats thinking it's still night or doubted that *fajr* started, should continue fasting
- But if he finds that he ate after *fajr*; must make up for that day.
- If someone eats before sun set thinking sun had set, while it did not, he should make up for that day.<sup>(2)</sup>

2

### Copulation

Copulation with penetration, whether with or without ejaculation.

- **Expiation one of 3:**
  - 1) Free a slave,
  - 2) Fast 2 consecutive months or
  - 3) Feed 60 poor people 1.5 kilo each.
- (Both husband & wife. & Make up for that day)
- No expiation upon the wife if coerced.
- If copulation happened while forgetting, fasting is valid
- If copulation happened in several days, must expiate for every day.
- To be in state of major impurity –*Janabah*- & delay shower to after *fajr Adhaan* is fine.

3

### Ejaculation with Lust

If someone deliberately ejaculates, he loses his fasting; sins; and must make up for that day without expiation.

- Having a wet dream doesn't invalidate fasting
- If hugging and kissing lead to ejaculation, then fasting is invalid.
- Coming out of *madhi* (viscous fluid) because of thinking or hugging without ejaculation, does not invalidate fasting.
- It's fine to kiss & hug as long as you can hold your lust.

4

### Tantamount to eating & drinking

Like nutritive injections, which suffice you from eating & drinking.

- But antibiotic, vitamin or pain killer injections are fine.
- **Doesn't Break fasting:** Eye or ear drops, dry speculum (without oil), catheter in penis, IUD, suppositories, bladder irrigation, Sublingual pill (dissolved not swallowed), oxygen mask, *siwak*, toothpaste
- **Breaks fasting:** Dialysis, nose drops
- **Disputable amongst scholars:** Asthma spray & clyster

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### Deliberate Vomiting

Deliberately vomiting invalidates fasting.

- But if someone vomited unintentionally his fasting is valid.

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### Menses & Postpartum Bleeding

Once a woman has menses or postpartum bleeding she should immediately cease from fasting even if that were few minutes before sun set. (By Consensus)

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### Cupping<sup>(3)</sup>

Cupping is to suck blood out from the body.

- Jurist made Blood donation tantamount to it.
- But slight quantity for blood sugar test is fine.

- (1) Invalidates fasting if done while knowing, remembering or with full will. But if the invalidator is done while not knowing the ruling, forgetting or coerced to do it then fasting is valid and one should continue fasting.
- (2) Opined by the *Jumhoor* (majority); Ibn Taimiyyah & Ibn Othaimeen opined fasting is valid.
- (3) Opined by Imam Ahmad unlike the *Jumhoor* (Majority).





## Fasting Preferred Deeds *Sunan*

### Eating Sunan

- Having *sahoor* (night supper).
- Delaying *sahoor* until late at night; better close to *fajr* time.
- Breaking fasting immediately at sunset.
- Making dua'a' after breaking fasting.
- To break fasting with *rutab* (moist dates), if not available dates, otherwise water.
- Feeding people is highly rewardable.
- Say: "*Inni saa'em*"<sup>(1)</sup> if anyone cursed or fought you & do not retaliate.

### Taraweeh & Umrah

Also known as *Qiyamul layel*; To be prayed after Isha'a' prayer in a congregation; and to pray it alone late at night is fine.

- Pray 20 *rak'ah*; each two with one *tasleem*. And then make 3 *rak'ah* for *witr*.
- Or pray 8 or 10 *rak'ah* and 3 *witr*.<sup>(2)</sup>
- Performing *Umrah* in Ramadaan is tantamount to the reward of Hajj

### Lilatul Qadr

- The best night in the entire year.
- Expected to be in the last ten odd nights of Ramadaan. Some companions and scholars asserted that it is the night of 27.
- No night is similar to it in reward. Allāh said: "This night is better than 1000 months" = 30,000 days i.e.: 1 SR in charity in it counts as giving 30,000 SR. The same applies for every remembrance, recited *ayah* from the Qur'ān and good deed.
- It is highly advisable to exploit the entire night in acts of worship such as prayer, Qur'ān recitation, remembrance, *I'tikaf*, giving charity etc.

### I'tikaaf

**It is to remain in a masjid for worship.**

- It can be in Ramadaan or any time with or without fasting.
- **Least time spent for I'tikaaf:** is unlimited time (Majority). Some opined for a day; others for a night and some opined one day and night.
- The Prophet ﷺ did *I'tikaaf* for the last 10 days of Ramadaan
- **It entails:** Staying inside a masjid where Friday prayer is held; not leaving it except for a necessity of food or washroom.
- **I'tikaaf becomes invalid in the following cases:**
  1. Copulation
  2. Hugging & kissing
  3. Intentional ejaculation of semen
  4. Menstruation
  5. Losing sanity
  6. Apostasy
  7. Cancelling *I'tikaaf* intention
  8. Leaving the masjid without a necessity

(1) Which means "I'm in state of fasting"

(2) Ibtan Taimiyyah said: "Taraweeh if prayed like Abi Hanifah, Ash-Shaaf'ee, Ahmad: 20 rak'ah or Malik 36 Rak'ah; 13 or 11 the one has done good. Like stated by Imam Ahmad no proof for limitation, so the increase and decrease of the number of rak'ah depends on how long or short the prayer is." (Al-Ikhtiyaarat AlFiqhiyah p.427)



## End of Fasting Charity *Zakaatul fitr*

### Who pays it?

#### *Zakaatul fitr* is Obligatory

- It is obligatory upon every Muslim (free or slave; male or female; young or old), who owns in the night of Eid (the end of last day of Ramadaan) excessive food than what he and his family need for that day.
- If he doesn't own it, then he is exempted from this obligatory charity.

### Why pay it?

- It is prescribed to purify the one who fasted from short comings during his fasting.
- And food for the poor and needy.

### How much is it?

- Every family member must give one saa' (2.04 – 3 kilos) <sup>(1)</sup>
- Give either dates, wheat, barley, rice or whatever is the common food in your region.
- You may give macaroni, beans or fish if it were common food in your region.
- It must be given in uncooked food and not money. <sup>(2)</sup>

### Who deserves it?

#### To be given only to the poor Muslims

##### Note:

- The poor is the one whose income is not enough to cover his living expenses.
- Hence, a person whose salary suffices him until the end of the month is not deemed to be a poor person.

### When/Where to give it out?

- It becomes obligatory before the sunset of the last day of Ramadaan.
- Hence, if a child is born or a person becomes Muslim before sunset, they must give *zakaat*.
- If a person dies before sunset then no *zakaat* upon him.
- The *zakaat* must be given prior to the Eid prayer & not after. <sup>(3)</sup>
- It's fine to give it out 1 or 2 days before Eid but not more.
- Should be given in the place you are in.

(1) Weight may differ based on the type of food, better to give 3 kilos to be on the safe side

(2) Opined by the *Jumhoor* (majority) unlike Abu Hanifah who allowed to be given in money.

(3) The Prophet ﷺ said: (Who gives it out before Eid Prayer it is an accepted *zakaat*, but who gives out after Prayer it's a charity among the charities) Abu Dawood.

